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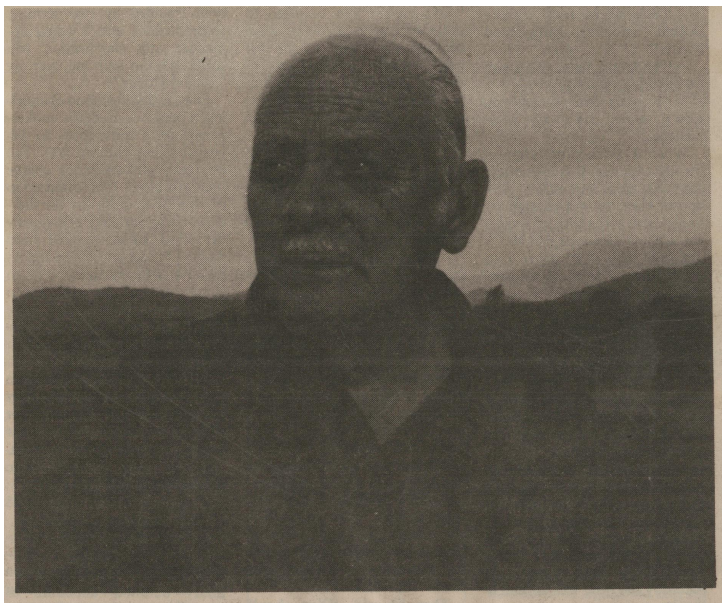
Robert Monroe and OOBE

Life's "Problems" Are Really Life's Challenges



The "Out of Body Experience" can help a person gain a broader perspective of Earth's challenges, says Robert Monroe, author of *Journeys Out of the Body* and *Far Journeys*. His Gateway Voyage Program is being offered in Seattle this month.

By Susan James and Krysta Gibson

"Once you have an out of body experience (OOBE), you realize that your consciousness is eternal and that you can exist without a body," says Robert Monroe, one of the foremost pioneers in OOBE research.

Many are familiar with his first book, *Journeys Out of the Body* which was published in 1971. At that time, not much was available for those seeking information on the OOBE. Monroe was a communications business executive who stumbled onto the process and not only decided to consciously cultivate the experience of leaving his body but to research it and assist others in duplicating his success.

Monroe's recently published second book, *Far Journeys*, presents results of over 20 years of research and exploration and his foundation, Monroe Institute for Applied Sciences, is credited with breakthrough research in left/right brain biofeedback and the use of sound.

More people wanted to participate in the Monroe Institute's training and research programs than could be accommodated so a "road seminar was developed

school tests as life and death situations. Once we see life's challenges this way we can have more fun with them."

Monroe evolved and patented a sound tape, Hemi-Sync, which activates a special synchronized pattern in both hemispheres of the brain that opens the door for the out of body experience. During the Gateway Voyage Program, the trainers take students through a series of stages, called Focus 10, Focus 15, etc., which puts the physical body into deep sleep and yet leaves the mind awake. Although participants are not guaranteed an OOBE, they are led to a state where one might occur.

During one Intensive, Monroe asked the students to go OOBE and to produce a golden light above the seminar building outside. Monroe and his assistants then went outside and witnessed the appearance of a cloud of golden light floating in the night above the building.

Is the OOBE dangerous? Not for the average person, according to Monroe. The common fears are that one might not return to the right body or that the sleeping body might be invaded by some disincarnate entity or other OOBE travelers. Monroe says that no one taking

called the Gateway Voyage Program.

Pacific Northwesterners will have an opportunity to enjoy the benefits of Monroe's work during a six day residential intensive being given in Issaquah October 19-24.

So, what is OOBE? The OOBE tends to spontaneously occur to people under such circumstances as life-threatening situations or when undergoing surgery. People describe the sensation of leaving their bodies and floating around, watching others. The information that they report when they are "revived" is quite accurate. Some people experience spontaneous OOBE at night when they go to sleep. If you have ever dreamed of moving in "slow motion" and had difficulty speaking or if you have awakened at night to find yourself temporarily "paralyzed", you may have been experiencing the early stages of the OOBE. Images in dreams of flying, floating, swimming, etc., may also be possibly associated with the OOBE.

Those who have personally experienced this process talk about the different beings they encounter and situations which occur. Anyone who has read either of Monroe's books is aware of the variety of entities and experiences to which he has been exposed during his two decades of conscious, deliberate OOBEs. When asked what this type of information has done for him, how it has changed his life, Monroe says, "It is difficult to answer that. How would I have been if I had not had these experiences? Would I have reached the same place without them?"

But, says Monroe, OOBE does help one gain a broader perspective where Earth can be seen for exactly what it is — a school.

"Once we remember that this is a school, we can become more relaxed, enjoy life more and see our problems as challenges, as tests. We don't perceive high his training has ever had these problems.

Monroe is currently preparing to establish an evolved version of his program called H-Plus at his training center in Virginia. This is a system that teaches a person how to control all aspects of human behavior — physical, mental and emotional.

"We may possibly see the emergence of 'supermen and women'," Monroe comments.

Far Journeys gives the readers

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many detailed accounts of Monroe's experiences as well as a distillation of some of what he has learned during his out of body travels.

He mentions the "Grazing Principle": "Instead of actively seeking out needed changes, deal with each as it appears in your daily life. Live and be just as you have until you perceive an emotion or attachment that is so obvious that you can't ignore it."

Monroe also talks about living a twenty-four hour day: "Become aware of what you do and think at all times, in all activities, and examine the emotional factors that appear to be the strongest that attract your attention. Include your sleep Start with the small and work in to the large."

Those desiring further infor mation about OOBE are strong ly encouraged to read both o Robert Monroe's books whic are available at many loca bookstores.

For information about th Gateway Voyage Program cal Robin Guess and Friends 206-828-4261. For information on the Hemi-Sync tape and othe activities of the Monroe Institute write or call: The Gateway Voyage Network, Route 1, Box 175, Faber, VA. 22938; 804-361-1127.

Susan James is a parapsychol ogist in Seattle. She can be con